



Technical Requirements 2023

Trampoline (Disabilities)

Club Cup Series

TRA Technical Requirements

Club Cup Level 1	Club Cup Level 2
9-14yrs/15+ CAT 1 Male/Female CAT 2 Male/Female	9-14yrs/15+ CAT 1 Male/Female CAT 2 Male/Female
Front Landing To Feet Straddle Jump Seat Landing To Feet ½ Twist Jump Tuck Jump Pike Jump Back Landing To feet	½ Twist to Front Landing To Feet Straddle Jump Seat Landing ½ Twist to Seat Landing ½ Twist to Feet Tuck Jump Pike Jump Back Landing ½ Twist to Feet

Qualification to the Club Cup Championships should be based on one or more objective, predetermined criterion. It is for the regions to determine their qualifying criteria and the TC would suggest an execution score of 28.0 for two exercises at one of the qualifying events.

There are no nationally prescribed qualification criteria and this is to allow regions appropriate flexibility to meet their needs. These technical requirements may also be used for Club competitions.

Competition Format

Levels 1-2 for Clubs & Regions to host

Club Cup Series

2 exercises (repeat each exercise)

Club Cup Championships

2 exercises (repeat each exercise)

Regional Challenge Cup Series

First exercise requirements

Challenge Cup Level 1	Challenge Cup Level 2
9-14yrs/15+ CAT 1 Male/Female CAT 2 Male/Female	9-14yrs/15+ CAT 1 Male/Female CAT 2 Male/Female
Full Twist Straddle Jump Seat Landing ½ Twist to Seat ½ Twist to Feet Pike Jump Back Landing ½ Twist to Feet Tuck Jump Front s/s (T)	Back s/s (T) Straddle jump Seat landing ½ twist to feet ½ twist jump Pike jump Back landing ½ twist to feet Tuck jump Front s/s (P)

Second exercise requirements

	Level 1	Level 2
Minimum degree of difficulty	1.2	1.6

Competition Format

Regional Challenge Cup Series

- Qualification (1st & 2nd exercise)
- FIG rules will apply for the qualification round other than:
 - Gymnasts who do not demonstrate the minimum difficulty performance standard or compete two complete exercises will not be eligible to qualify for the Regional Challenge Cup Championships but maybe awarded a medal at the Region's discretion.

Regional Challenge Cup Championships

- Qualification (1st & 2nd exercise)
- FIG rules will apply for the qualification round other than:
 - Time of Flight will not be used
 - Gymnasts who do not demonstrate the minimum difficulty performance standard or compete two complete exercises will not be eligible to qualify for the Inter-Regional Challenge Cup Final but maybe awarded a medal at the Region's discretion.

Qualification to the Inter-Regional Challenge Cup Final

A maximum of two gymnasts per category from each region will be invited to attend the inter-Regional Challenge Cup Final made up of the following:

- Places will be allocated in rank order from the Regional Challenge Cup Series events (max 3).
- In the event of a tied position the tie break rule will apply (see below)
- All Regions must submit the list of the gymnasts that have qualified to BG

Entry to the event must be completed by Regions via British Gymnastics' GymNET online Entry Portal by the published closing date.

Tie Breaks

In case of a tie at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the Execution scores of both exercises prevails

If there is still a tie, the tie will not be broken

National Age Group Competition

First exercise requirements

Level 1			Level 2 – Eligible to qualify to British Championships	
9-14yrs/15+ CAT 1 Male/Female CAT 2 Male/Female	Compulsory		Compulsory	
	1	BSS (T)	1	BSS (S)
	2	Straddle Jump	2	Straddle Jump
	3	Barani (T)	3	BSS (T)
	4	Tuck Jump	4	Barani (T)
	5	BSS (T) to Seat Landing	5	½ Twist jump
	6	½ Twist to feet	6	Tuck Jump
	7	½ Twist jump	7	BSS to seat landing
	8	Pike Jump	8	½ Twist to feet
	9	½ Twist to Front Landing	9	Pike Jump
	10	To Feet	10	FSS (P)

Second exercise requirements

	Level 1	Level 2
Minimum degree of difficulty per exercise	3.0	4.0

At all British Gymnastics events, a nominated panel (Member of TC, Chair of Panel and 1 x national or pathway coach) reserves the right but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time. If a gymnast is deemed unsafe or falls unacceptably below the standards required, a Member of the panel will approach the personal coach to discuss the matter to reinforce standards and, where appropriate, this will be followed up in writing.

National Age Group Competition

All Gymnasts will compete 2 exercises. The score will be cumulative

- FIG rules will be applied other than:
 - Gymnasts who do not demonstrate the minimum difficulty performance standard will:
 - not be awarded a medal
 - not be eligible to qualify for the British Championships (Level 2)

Qualification to the British Championships - (Level 2 qualifiers)

Gymnasts from Level 2, who have demonstrated 2 complete exercises at the National Age Group Competition will be entered onto a ranking list providing the minimum performance standards have been achieved. A maximum of 8 gymnasts per category from the ranking list will be invited to attend the British Championships.

Competition Format

All Gymnasts will compete 2 exercises in the Qualifying Round. The top 6 will qualify to the final.

FIG rules will be applied other than if there are 6 or fewer gymnasts in any group then the score will be cumulative over the 2 rounds of competition (Qualifying and Final).

The final list of qualifiers for the British Championships will be published no later than 4 weeks from the National Age Group Competition.

Entry to the British Championships must be completed by clubs via British Gymnastics' GymNET online Entry Portal by the published closing date..

PLEASE NOTE: If there are any amendments to the FIG Code of Points the TC reserve the right to amend these technical requirements.